

Treasure Hunt

Finding Healthy Food at the Grocery Store

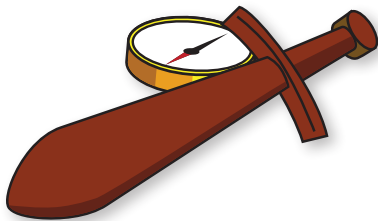




Ahoy kids! I'm Captain Jamie

Jack and Gabby are on a fruit
and vegetable treasure hunt.
Help them find the treasure in
your local grocery store!

Symbols to look for:



Ahoy!

Look for this symbol. It's
a sign for a fun pirate tip.



Fun Treasure Fact

Look for this symbol. It's a sign for
a fun treasure fact.

DO NOT PRINT

Placeholder page for stickers

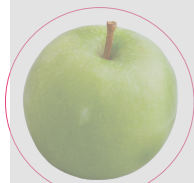


Ahoy kids!

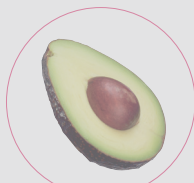
Use the stickers below to complete
"Treasure!" activity.

DO NOT PRINT

Placeholder page for stickers



Apples



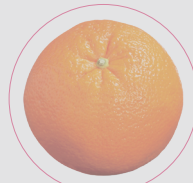
Avocados



Bananas



Broccoli



Oranges



Grapes



Leafy Greens



Tomatoes



Sweet Potatoes



Cucumbers

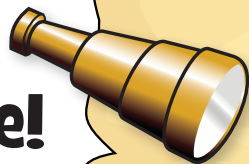


Strawberries



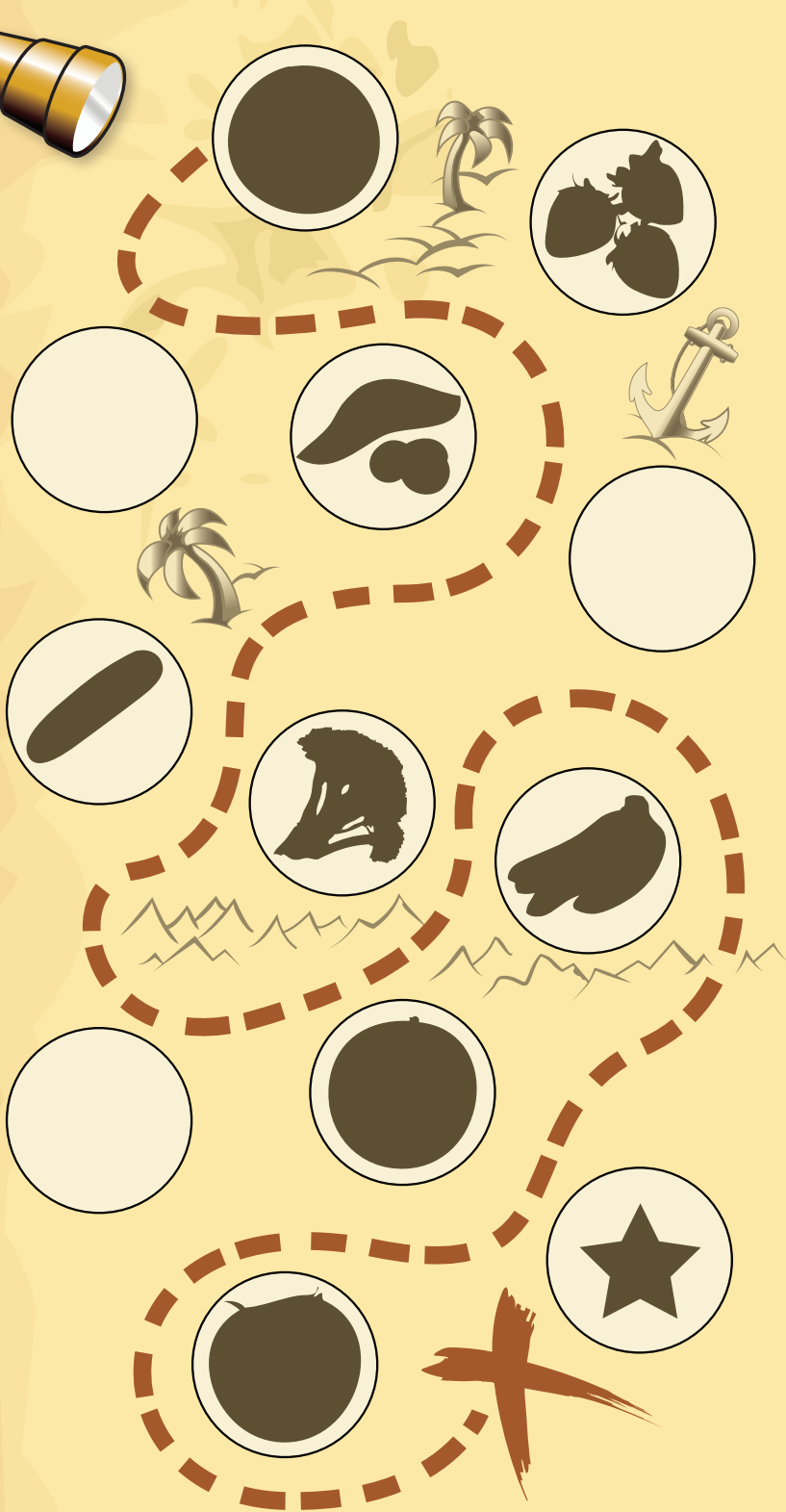
My Favorite

I spy treasure!

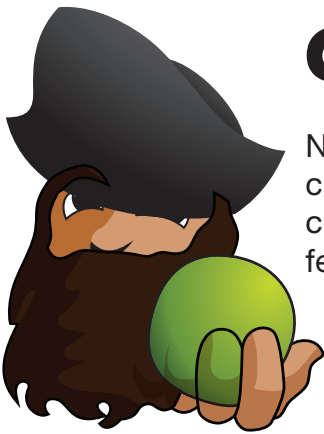


Once you figure out the clues, use the sticker to mark the fruits and vegetables on the map.

1. I spy a fruit that is orange.
2. I spy a vegetable that is dark green and leafy.
3. I spy a red fruit with seeds on the outside.
4. I spy a vegetable that is brown on the outside and orange on the inside.
5. I spy a fruit that is purple.
6. I spy a vegetable that is green and smooth.
7. I spy a vegetable that looks like a tree.
8. I spy a fruit that is black on the outside and green on the inside.
9. I spy a fruit that is round and green.
10. I spy a fruit that is yellow.
11. I spy a fruit that is red and is sometimes called a vegetable.
12. What is your favorite fruit or vegetable?



Check out Your Treasure!



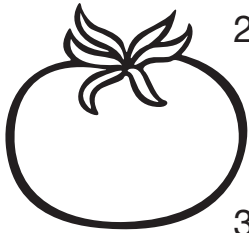
Now that you've found the treasure, it's time to check it out! Color each fruit or vegetable. Then, circle the word that best describes how it looks, feels or tastes.



Ahoy!

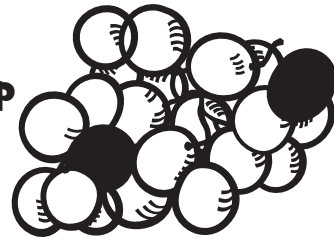
Always wash fruits and vegetables before you eat them.

1. Carrots feel: **rough** or **smooth**
and taste: **sweet** or **bitter**

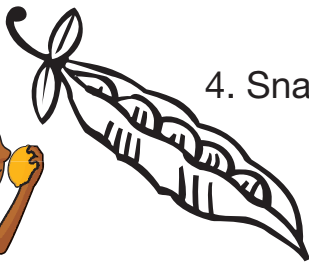


2. Tomatoes look: **red** or **green**
and feel: **hard** or **squishy**

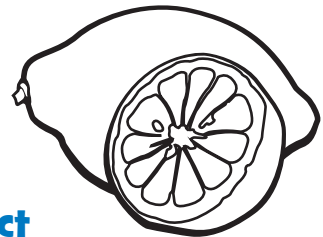
3. Grapes feel: **smooth** or **sharp**
and taste: **sweet** or **salty**



4. Snap peas feel: **prickly** or **smooth**
and look: **green** or **yellow**



5. Lemons look: **green** or **yellow**
and taste: **sour** or **sweet**



Fun Treasure Fact



Dark lettuce leaves (like romaine and spinach) have more nutrients than lighter color leaves.

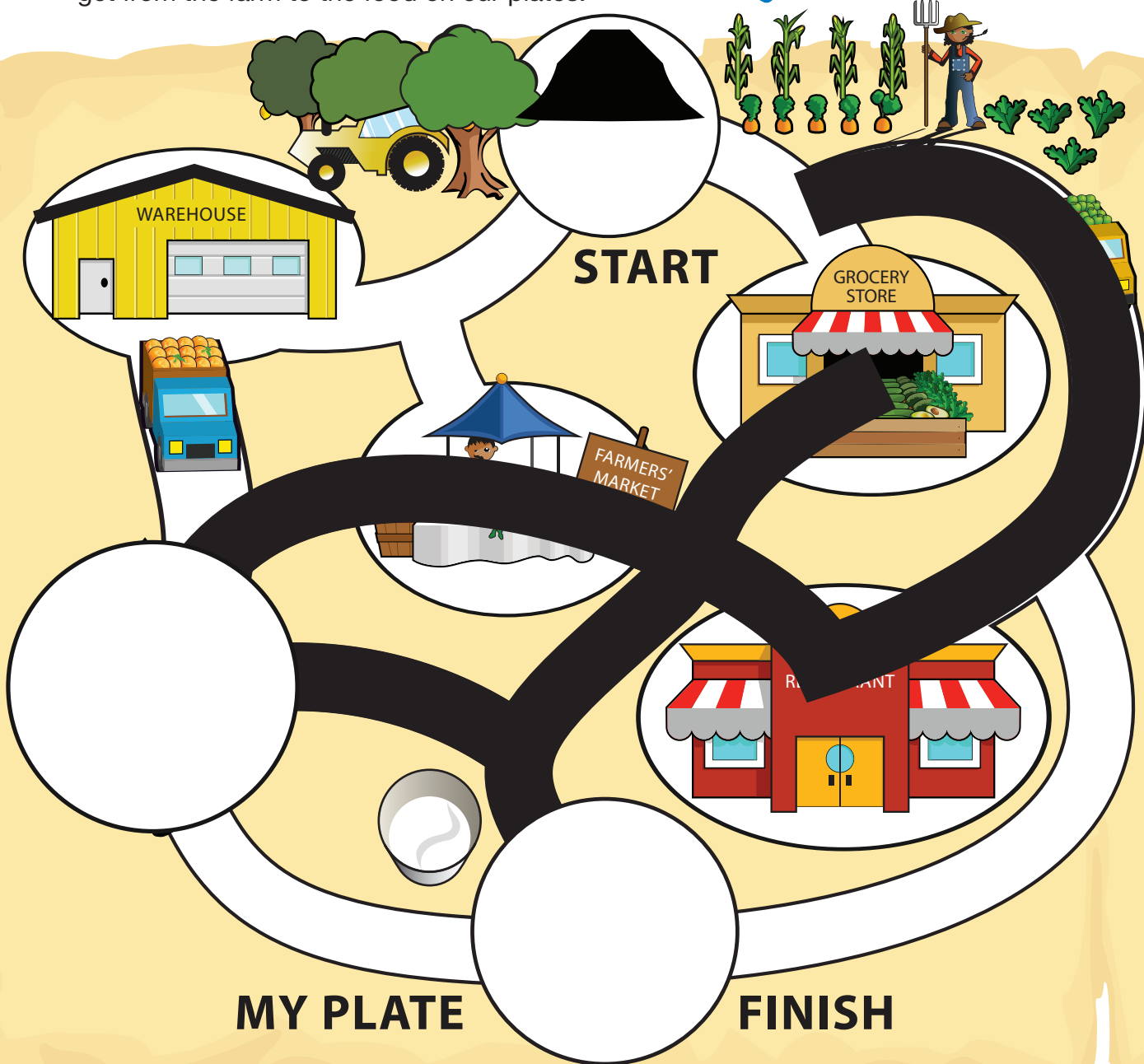
From Farm to Plate!

Where do fruits and vegetables come from?
And how do they get to our plate? Help Jack and
Gabby find the many ways fruits and vegetables
get from the farm to the food on our plates!



Fun Treasure Fact

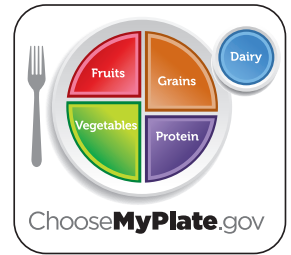
More than half of the country's
fruits, vegetables and nuts are
grown in California.





Make half 'yer plate fruits and vegetables

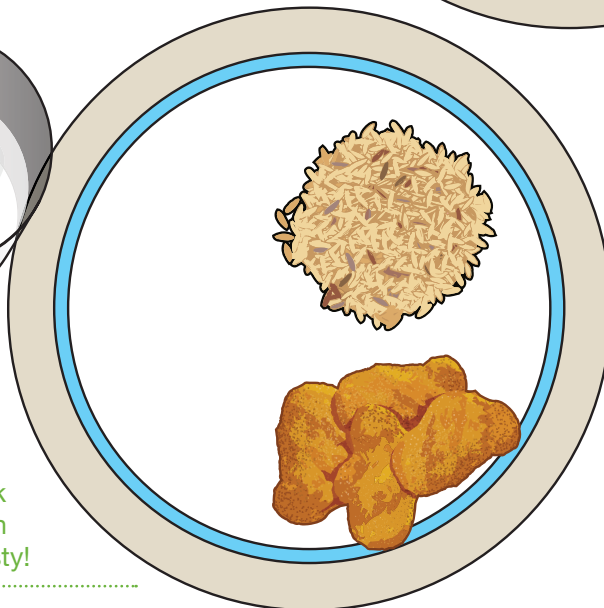
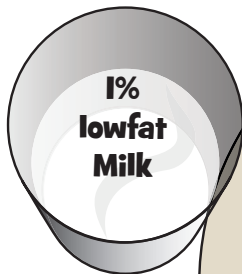
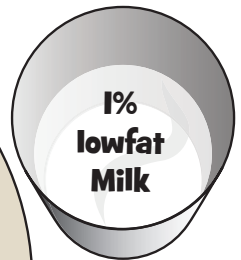
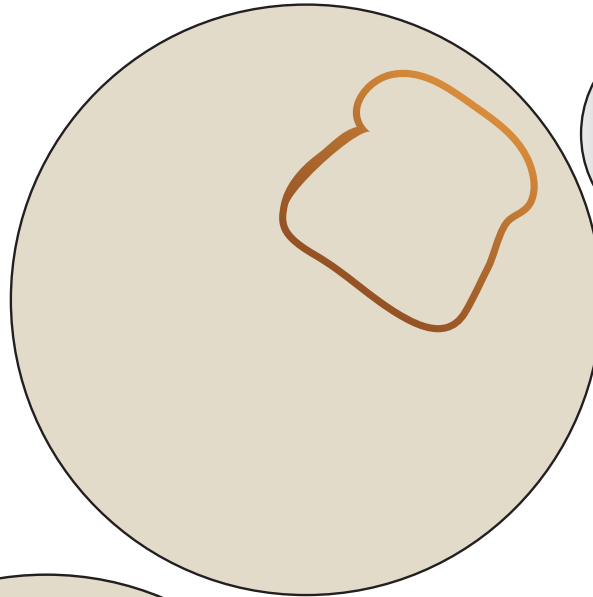
Use the stickers to add fruits and vegetables
to each plate.



Breakfast

What is your favorite fruit to eat
at breakfast?

What is your favorite vegetable
to eat at breakfast?



Lunch

What is your favorite fruit to
eat at lunch?

What is your favorite vegetable
to eat at lunch?

Ahoy!

Water keeps
your body
healthy. Drink
water when
you're thirsty!



OT PRINT

page for stickers

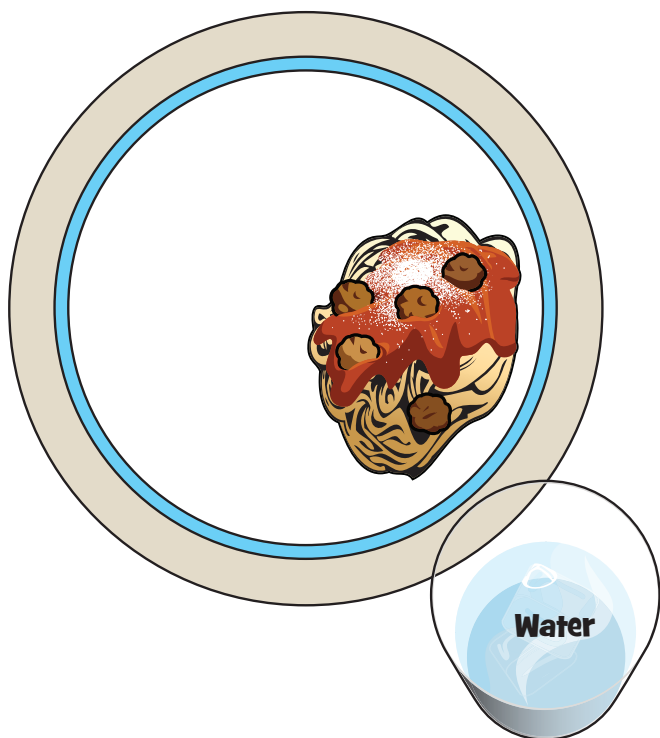
Cucumbers

Salad Greens

Zucchini

DO NOT PRINT

Placeholder page for stickers



**We found great
treasure, Gabby.
It's so colorful
and tasty!**

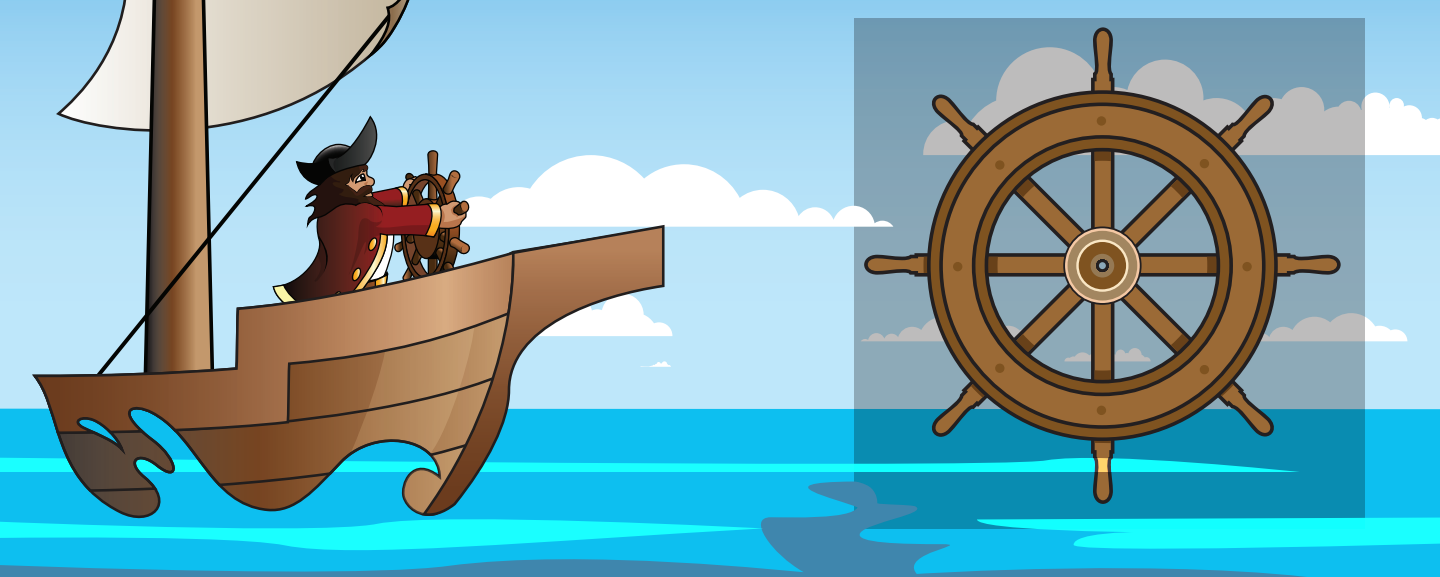
**Plus, eating fruits and
vegetables helps us grow
healthy and strong.**



Dinner

What is your favorite fruit to
eat at dinner?

What is your favorite vegetable
to eat at dinner?



Parents, you're the captain!

The grocery store is a place where you can help teach your kids about food and nutrition.

Here are a few "smart-shopping" tips for fruits and vegetables:

- Buy fresh vegetables that are in season. They are easy to get and have more flavor.
- Plan your meals ahead of time and ask your kids to help make a grocery list. You will save money by buying only what you need.
- Try canned or frozen fruits and vegetables.

You can find many healthy recipes with fruits and vegetables in the *Kids Get Cookin'!* cookbook. For more healthy tips and recipes, visit calfreshhealthyliving.cdph.ca.gov.



The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.

